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TITLE	The Case against Spanking: How to Discipline Your Child without Hitting. The Jossey-Bass Psychology Series.
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AVAILABLE FROM	Jossey-Bass Inc., Publishers, 350 Sansome St., San Francisco, CA 94104; Tel: 888-378-2537 (Toll Free); Fax: 800-605-2665; Web site: http://www.josseybass.com ($15)
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ABSTRACT

The research on discipline is synthesized and presented in a highly readable form making the case against corporal punishment of children. The negative results are presented through examples. Although popular opinion on the subject of hitting has shifted so that many parents as well as educators and therapists realize the connection between spanking, hitting, beating, and child abuse, the question of positive parenting alternatives remains unclear to many people. How can parents discipline children without hitting? Chapter topics are (1) "An Alien Point of View"; (2) "Abuse or Discipline?"; (3) "Why We Hit and What It Does to Kids"; (4) "Back to Basics: What You Need To Know about Effective Discipline"; (5) "Changing Your Approach to Discipline"; (6) "Rewards and Punishments"; (7) "Anger and Resentment"; (8) "Using Therapeutic Techniques"; and (9) "What We Need To Do Next." Discussion of philosophical assumptions underlying disciplinary issues is related to practical actions in each section. How to distinguish between assertiveness and aggression is explained; and instructions and diagrams are presented for dealing with aggressive behaviors. A selected list of resources and further reading is appended. (EMK)

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